

REDUCE STRESS  
AND BURNOUT

# STRESS MANAGEMENT

Course Dates:  
December 12, 2006  
February 26, 2007  
May 25, 2007

**Time:**

9:00 a.m.—4:30 p.m.

**Location:**

County Government Center  
1055 Monterey Street  
Rooms 161 & 162, 1st Floor  
San Luis Obispo

**Facilitator:**

Lorraine Fox, PhD, CCCW

**Cost:**

No registration fee to County employees.  
Non-County Employees  
\$150.00

## REGISTER NOW!

Limited space available.

Email: All reservations are to be made through the Employee University email address.

[EmployeeUniversity@co.slo.ca.us](mailto:EmployeeUniversity@co.slo.ca.us)

Are you feeling overwhelmed, stressed, burned out? If so (or even if not), come and join us for a day of learning how to assess your current stress levels, engage in activities to increase self-awareness, and make concrete plans to keep the light of hope alive in your work and personal lives!

- Recognizing emotional and physical signs of stress and burnout
- Stress and the work environment
- Developing a professional approach to the job and prevent burnout
- The role of self-awareness in preventing burnout
- Examining the relationship between change and stress
- Assertiveness and support systems
- Examining the relationship between stress and personal style
- Examining the relationship between stress and perception
- Breaking the cycle of progression to burnout
- The role of humor in reducing stress symptoms
- The role of cognitive restructuring in reducing stress

### CANCELLATION POLICY:

If you need to cancel your registration for an E.U. Class, please do so via email two weeks prior to the class date to avoid the \$50.00 cancellation fee.

If you can find an employee in your department to take your place, email the change in attendees and the cancellation fee will be waived.

